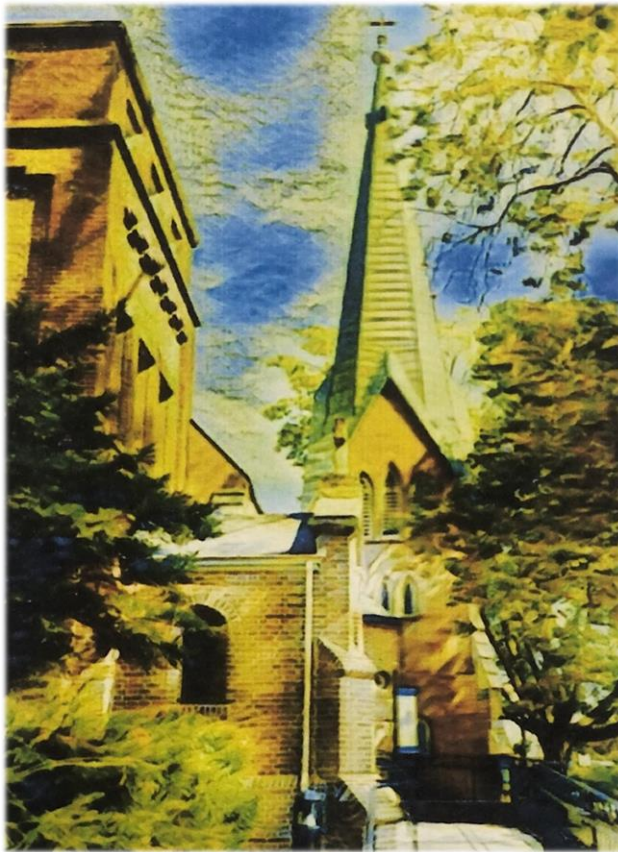


**THE FIFTH SUNDAY  
AFTER THE EPIPHANY**



**HOLY EUCHARIST: RITE II  
FEBRUARY 4<sup>TH</sup> AT 10:15 A.M.**

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## **WELCOME TO ST. JOHN'S EPISCOPAL CHURCH**

St. John's is an Open and Affirming congregation. In faithfulness to Jesus and His commandment to love our neighbors as ourselves, we invite everyone to celebrate with us in the full life and ministry of the Church. We believe strongly in our mission statement to Grow in God, Act in Service, and Witness in Love.

### **A NOTE ABOUT OUR WORSHIP**

Our Rite II service comes from the Book of Common Prayer and is filled with vibrant music, sacred scripture, and the breaking of bread. This service is filled with the joyful sound of children rustling in the pews, anthems sung to the glory of God, and the heartfelt prayers of those gathered. With acolytes and processions, communal singing, and a mission to love and serve our neighbors, this service invites one to participate in the coming of the Kingdom. At St. John's everyone is welcome to the Lord's table.

### **TO THOSE WHO MAY BE NEW OR ARE VISITING**

We are so glad you are here! Ushers are stationed at the back of the church and can answer any questions you may have or please ask a neighbor in the next pew. Restrooms can be found on the other side of the Parish Hall. In addition to worship, opportunities for fellowship exist after the service in the Parish Hall. A nursery is available every Sunday for our littlest members next to the Parish Hall. Thank you for being here!

### **ST. JOHN'S ANNUAL GIVING CAMPAIGN**

Thank you to those who have submitted their 2024 pledge cards! To date, 105 members have pledged for a total of \$427,188. Our original goal for 2024 was \$425,000, so we have hit the original budgeted goal!!! Thank you for your generosity as we enter this new year of hope and possibility! If you haven't submitted a pledge yet, please know your gift still greatly matters. There is so much we can do as a community of faith when we all take part in sharing the abundance. Please join us and submit your pledge today!

## THE WORD OF GOD

### WELCOME & ANNOUNCEMENTS

*If you have an announcement, you would like the clergy to share,  
please fill out the form on our website or let the office know no later than Thursday.*

**PRELUDE**                      *Introduction to “The Mount of Olives”*    Ludwig van Beethoven

**OPENING HYMN**                      *Sing praise to God*                      **HYMN 408**

**OPENING ACCLAMATION** (*please remain standing as you are able*)

*Celebrant*      Blessed be God: Father, Son, and Holy Spirit.  
*People*              *And blessed be God’s kingdom, now and forever. Amen.*

**COLLECT FOR PURITY**                      **BCP 355**

Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Christ our Lord. *Amen.*

**GLORIA**                      *Gloria in excelsis*                      **HYMNAL S-280**

### THE COLLECT OF THE DAY

*Celebrant*      The Lord be with you.  
*People*              *And also with you.*  
*Celebrant*      Let us pray.

Set us free, O God, from the bondage of our sins, and give us the liberty of that abundant life which you have made known to us in your Son our Savior Jesus Christ; who lives and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. *Amen.*

**THE FIRST LESSON:** Isaiah 40:21-31 (*please be seated*)

Have you not known? Have you not heard? Has it not been told you from the beginning? Have you not understood from the foundations of the earth? It is he who sits above the circle of the earth, and its inhabitants are like grasshoppers; who stretches out the heavens like a curtain, and spreads them like a tent to live in; who brings princes to naught, and

makes the rulers of the earth as nothing. Scarcely are they planted, scarcely sown, scarcely has their stem taken root in the earth, when he blows upon them, and they wither, and the tempest carries them off like stubble. To whom then will you compare me, or who is my equal? says the Holy One. Lift up your eyes on high and see: Who created these? He who brings out their host and numbers them, calling them all by name; because he is great in strength, mighty in power, not one is missing. Why do you say, O Jacob, and speak, O Israel, "My way is hidden from the Lord, and my right is disregarded by my God"? Have you not known? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth. He does not faint or grow weary; his understanding is unsearchable. He gives power to the faint, and strengthens the powerless. Even youths will faint and be weary, and the young will fall exhausted; but those who wait for the Lord shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.

The Word of the Lord.

*People*

*Thanks be to God.*

### **PSALM 147:1-12, 21C**

- 1 Hallelujah! How good it is to sing praises to our God! \*  
how pleasant it is to honor him with praise!
- 2 The Lord rebuilds Jerusalem; \*  
he gathers the exiles of Israel.
- 3 He heals the brokenhearted \*  
and binds up their wounds.
- 4 He counts the number of the stars \*  
and calls them all by their names.
- 5 Great is our Lord and mighty in power; \*  
there is no limit to his wisdom.
- 6 The Lord lifts up the lowly, \*  
but casts the wicked to the ground.
- 7 Sing to the Lord with thanksgiving; \*  
make music to our God upon the harp.
- 8 He covers the heavens with clouds \*  
and prepares rain for the earth;
- 9 He makes grass to grow upon the mountains \*  
and green plants to serve mankind.
- 10 He provides food for flocks and herds \*  
and for the young ravens when they cry.

11 He is not impressed by the might of a horse; \*  
    he has no pleasure in the strength of a man;  
12 But the Lord has pleasure in those who fear him, \*  
    in those who await his gracious favor.  
21 Hallelujah!

**THE EPISTLE:** 1 Corinthians 9:16-23

If I proclaim the gospel, this gives me no ground for boasting, for an obligation is laid on me, and woe to me if I do not proclaim the gospel! For if I do this of my own will, I have a reward; but if not of my own will, I am entrusted with a commission. What then is my reward? Just this: that in my proclamation I may make the gospel free of charge, so as not to make full use of my rights in the gospel. For though I am free with respect to all, I have made myself a slave to all, so that I might win more of them. To the Jews I became as a Jew, in order to win Jews. To those under the law I became as one under the law (though I myself am not under the law) so that I might win those under the law. To those outside the law I became as one outside the law (though I am not free from God's law but am under Christ's law) so that I might win those outside the law. To the weak I became weak, so that I might win the weak. I have become all things to all people, that I might by all means save some. I do it all for the sake of the gospel, so that I may share in its blessings.

*People*           The Word of the Lord.  
                    *Thanks be to God.*

**GRADUAL HYMN**                           *Singing songs of expectation*                           **HYMN 527**  
*Stanzas 1 & 2 before the Gospel Reading; Stanza 3 after the Gospel Reading*

**THE HOLY GOSPEL:** Mark 1:29-39 (*please remain standing as you are able*)

*Celebrant*       The Holy Gospel of our Lord Jesus Christ according to Mark.  
*People*           *Glory to you, Lord Christ.*

After Jesus and his disciples left the synagogue, they entered the house of Simon and Andrew, with James and John. Now Simon's mother-in-law was in bed with a fever, and they told him about her at once. He came and took her by the hand and lifted her up. Then the fever left her, and she began to serve them. That evening, at sundown, they brought to him all who were sick or possessed with demons. And the whole city was gathered around the door. And he cured many who were sick with various diseases, and cast out many demons; and he would not permit the demons to speak, because they knew

him. In the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed. And Simon and his companions hunted for him. When they found him, they said to him, “Everyone is searching for you.” He answered, “Let us go on to the neighboring towns, so that I may proclaim the message there also; for that is what I came out to do.” And he went throughout Galilee, proclaiming the message in their synagogues and casting out demons.

*People*                    The Gospel of the Lord.  
                                  *Praise to you, Lord Christ.*

## SERMON

THE REV. JEN TRENARY

**THE NICENE CREED** (*please rise in body or spirit*)

**BCP 358**

We believe in one God,  
the Father, the Almighty,  
maker of heaven and earth,  
of all that is, seen and unseen.

We believe in one Lord, Jesus Christ,  
the only Son of God,  
eternally begotten of the Father,  
God from God, Light from Light,  
true God from true God,  
begotten, not made, of one Being with the Father.  
Through him all things were made.

For us and for our salvation  
he came down from heaven:  
by the power of the Holy Spirit  
he became incarnate from the Virgin Mary,  
and was made man. (*pause*)

For our sake he was crucified under Pontius Pilate;  
he suffered death and was buried.  
On the third day he rose again  
in accordance with the Scriptures;  
he ascended into heaven  
and is seated at the right hand of the Father.  
He will come again in glory to judge the living and the dead,  
and his kingdom will have no end.

We believe in the Holy Spirit, the Lord, the giver of life,  
who proceeds from the Father and the Son.  
With the Father and the Son  
he is worshiped and glorified.  
He has spoken through the Prophets.  
We believe in one holy catholic and apostolic Church.  
We acknowledge one baptism for the forgiveness of sins.  
We look for the resurrection of the dead,  
and the life of the world to come. Amen.

**PRAYERS OF THE PEOPLE: FORM III**

**BCP 387**

Father, we pray for your holy Catholic Church; in the Diocesan and Anglican Cycle of prayer we pray for St. Andrew's, Tioga; and The Anglican Church of South America;  
*That we all may be one.*

Grant that every member of the Church may truly and humbly serve you;  
*That your Name may be glorified by all people.*

We pray for all bishops, priests, and deacons, especially Justin, Archbishop of Canterbury; Michael, our Presiding Bishop; Audrey, our Diocesan Bishop; Amanda, Jen, and Stacey, our clergy; and Emma, our seminarian.  
*That they may be faithful ministers of your Word and Sacraments.*

We pray for all who govern and hold authority in the nations of the world, especially Joe, our President; Josh, our Governor; Danene, our Mayor; and those serving in the Armed Forces; We pray for all your children caught in war and violence and pray for peace in the Holy Land, Ukraine, and throughout the world.  
*That there may be justice and peace on the earth.*

Give us grace to do your will in all that we undertake;  
*That our works may find favor in your sight.*

Have compassion on those who suffer from any grief or trouble especially Pat Pankey, Jeannie Zeller, Kent Strickler Nancy Strasburg, Justin & Lisa, Ella, Matt Patterson, Michael Yoder, Kevin, Judy Modene, Angie Stamm, Andrew Gilpin, Ann Marie, Cheryl & Rhoda, Ted Griswold, Rich Hartley, Justice Deleo and family, Willa Vealey, Maria Sauder, Paula Wolf, Charlie, John Gouveia, Dave, Rich and Karen Garon, Eamon Nelson, Jennifer, and Mary Ellen Kilp. We pray for our friends at home, especially Ellen

Keller, Nancy Nemith, Peter Plaxa, Ricky Smith, Joanna Sweeney, Al Kuser, Mary Sue Farmer, Ellen Sellers, Edith Kane, Merle Schnee, Carol Greenfield, Sandy Grove, Carole Humphrey, Darlene Bentley, and Peggy Zuke.

*That they may be delivered from their distress.*

Give to the departed eternal rest.

*Let light perpetual shine upon them.*

We praise you for your saints who have entered into joy;

*May we also come to share in your heavenly kingdom.*

Let us pray for our own needs and those of others.

*Celebrant* Almighty and eternal God, ruler of all things in heaven and earth:  
Mercifully accept the prayers of your people, and strengthen us to do your will; through Jesus Christ our Lord. *Amen.*

## **THE PEACE**

*Celebrant* The peace of the Lord be always with you.

*People* *And also with you.*

## **BIRTHDAYS & ANNIVERSARIES**

**BCP 830**

Watch over your children, O Lord, as their days increase; bless and guide them wherever they may be. Strengthen them when they stand; comfort them when discouraged or sorrowful; raise them up if they fall; and in their hearts, may your peace which passes understanding abide all the days of their lives; through Jesus Christ our Lord. Amen.

## **THE HOLY EUCHARIST**

### **THE OFFERTORY**

*Go Down, Moses*

Gregg Sewell

"Go Down Moses" is an African American spiritual that describes the Hebrew exodus, specifically drawing from Exodus 5:1: "And the LORD spoke unto Moses, Go unto Pharaoh, and say unto him, Thus saith the LORD, Let my people go, that they may serve me", where God commands Moses to demand the release of the Israelites from bondage in Egypt. The song discusses freedom, referring both to the freedom of the Israelites, and that of runaway enslaved people. As a result of these messages, this song was outlawed by many enslavers. This song is one of four that will be featured at this evening's service!



**THE GREAT THANKSGIVING: Eucharistic Prayer B****BCP 367**

*Celebrant*     The Lord be with you.  
*People*         *And also with you.*  
*Celebrant*     Lift up your hearts.  
*People*         *We lift them to the Lord.*  
*Celebrant*     Let us give thanks to the Lord our God.  
*People*         *It is right to give God thanks and praise.*

It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth. Because in the mystery of the Word made flesh, you have caused a new light to shine in our hearts, to give the knowledge of your glory in the face of your Son Jesus Christ our Lord. Therefore we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who for ever sing this hymn to proclaim the glory of your Name:

**THE SANCTUS**     *Holy, Holy, Holy Lord, God of power and might*     **HYMNAL S-130**  
                               *heaven and earth are full of your glory.*  
                               *Hosanna in the highest.*  
                               *Blessed is he who comes in the name of the Lord.*  
                               *Hosanna in the highest.*

We give thanks to you, O God, for the goodness and love which you have made known to us in creation; in the calling of Israel to be your people; in your Word spoken through the prophets; and above all in the Word made flesh, Jesus, your Son. For in these last days you sent him to be incarnate from the Virgin Mary, to be the Savior and Redeemer of the world. In him, you have delivered us from evil, and made us worthy to stand before you. In him, you have brought us out of error into truth, out of sin into righteousness, out of death into life.

On the night before he died for us, our Lord Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, and said, "Take, eat: This is my Body, which is given for you. Do this for the remembrance of me."

After supper he took the cup of wine; and when he had given thanks, he gave it to them, and said, "Drink this, all of you: This is my Blood of the new Covenant, which is shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Therefore, according to his command, O Father,

*We remember his death,  
We proclaim his resurrection,  
We await his coming in glory;*

And we offer our sacrifice of praise and thanksgiving to you, O Lord of all; presenting to you, from your creation, this bread and this wine.

We pray you, gracious God, to send your Holy Spirit upon these gifts that they may be the Sacrament of the Body of Christ and his Blood of the new Covenant. Unite us to your Son in his sacrifice, that we may be acceptable through him, being sanctified by the Holy Spirit. In the fullness of time, put all things in subjection under your Christ, and bring us to that heavenly country where, with St. John all your saints, we may enter the everlasting heritage of your sons and daughters; through Jesus Christ our Lord, the firstborn of all creation, the head of the Church, and the author of our salvation.

By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, Almighty Father, now and for ever. **AMEN.**

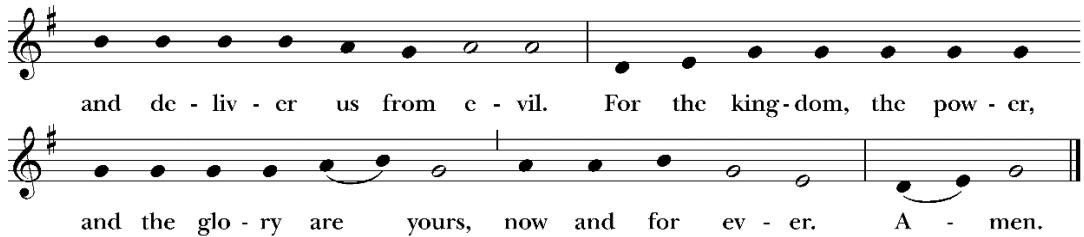
## THE LORD'S PRAYER

**BCP 364**

And now, as our Savior Christ has taught us, we are bold to sing,



Our Fa - ther in hea - ven, hal - lowed be your Name,  
your king - dom come, your will be done, on earth as in  
hea - ven. Give us to - day our dai - ly bread.  
For - give us our sins as we for - give those who  
sin a - gainst us. Save us from the time of trial,



## THE BREAKING OF THE BREAD

BCP 364

*Celebrant* Alleluia. Christ our Passover is sacrificed for us;  
*People* Therefore let us keep the feast. Alleluia.

## THE INVITATION

The Gifts of God for the People of God. Take them in remembrance that Christ died for you, and feed on him in your hearts by faith, with thanksgiving.

## ADMINISTRATION OF COMMUNION

*The Episcopal Church invites all who seek God to our Lord's table. If you wish to receive, please come forward to the altar rail when the usher indicates. Hold out your hands to receive the bread. For the wine, you can receive by guiding the chalice to your lips or by dipping your wafer into the separate intinction cup. If you do not wish to receive the wine, cross your arms over your chest when the wine passes. If you desire a blessing instead of communion, simply cross your arms over your chest. When finished, please exit to your right. Gluten free wafers are also available.*

**COMMUNION HYMNS** *This is the hour of banquet and of song  
Before thy throne, O God, we kneel*

**HYMN 317**  
**HYMN 575**

## SENDING FORTH OF THE EUCHARISTIC VISITORS

*Celebrant* In the name of God and on behalf of this parish, I send you forth bearing these holy gifts, that those to whom you go may share with us in the communion of Christ's body and blood.

*People* We, who are many, are one body because we all share one bread, one cup.

## POST COMMUNION PRAYER

Eternal God, heavenly Father, you have graciously accepted us as living members of your Son our Savior Jesus Christ, and you have fed us with spiritual food in the Sacrament of his Body and Blood. Send us now into the world in peace, and grant us strength and courage to love and serve you with gladness and singleness of heart; through Christ our Lord. Amen.

## THE BLESSING

May the light of Christ's life be kindled in us, and lead us to the shining truth, of God with us, God for us, God in us; and the blessing of God Almighty, Father, Son and Holy Spirit be upon you and remain with you always. *Amen.*

## CLOSING HYMN

*Where cross the crowded ways of life*

**HYMN 609**

## THE DISMISSAL

*Celebrant*      Go in peace to love and serve the Lord. Alleluia, alleluia.  
*People*        *Thanks be to God. Alleluia, alleluia.*

## POSTLUDE

*Trumpet Recessional*

John M. Rasley

ST. JOHN'S CHANCEL CHOIR PRESENTS

**A**  
**Celebration**  
**of**

*Black History Month*

JOIN US AS WE REMEMBER THE PAST AND  
CELEBRATE THE PRESENT THROUGH SONG

An Evensong Service  
Sunday, February 4th at 4:00 PM

## St. John's Traveler Letter:

Did you know St. John's has a team of pilgrims who travel every week to the very places we pray for in the Anglican communion? Follow John as he shares a little bit about the church and the places he visits:

Dear Amanda, - Ymaiterei ndorohechavei! \*

Can you believe it is February already? The shortest of months but so many places to visit. This week I am covering A LOT of ground as I explore the countries of Argentina, Bolivia, Chile, Paraguay, Peru, and Uruguay.

The dioceses of these countries merged in 2014 to form the Anglican Church of South America. I will be honest, after a flight delay into Peru's capital of Lima and realizing Ubers are banned from the airport, I had to cut some corners to cover the one million + acres of these beautiful countries. Here are my highlights for you to enjoy:

- As an animal lover, it was easy to fall in love with Peru because over 70% of the world's alpaca population lives here! Still wishing for a Peruvian poncho woven from alpaca wool (did you know alpaca wool comes in 22 different natural colors?) However, I may have to swing back through 6 months from now as that is how long it take to make one!
- Long and skinny Chile stretches 2,500 miles and encompasses ice caps, volcanoes, and salt pans. I delighted in an out of this world experience in the Atacama Desert to view the clear skies of the astronomical capital of the world! No light pollution here!
- Unfortunately, the visit to Argentina held much sorrow. Human rights crises are rampant along with political unrest and wildfires. It is critical that we pray for the safety of Argentinian women who are experiencing much violence.
- Bolivia treated our tastebuds with an unusual entree of Zonzo - think of a cheese and yucca (potatoe-ish) pancake wrapped around a stick. (yes, an actual stick) This is a traditional dish served before there was electricity. Perhaps to be served at the next Parish Breakfast?
- Like Bolivia, Paraguay is land locked. Although Spanish is spoken in government and business, Guarani is spoken by 90% of the population. \*The above greeting says: Long time no see!
- Finally, a quick glimpse of Uruguay offers the most superlatives: biggest consumer of beef, smallest Spanish speaking country in South America, and longest national anthem. Perhaps we will hear that played at the summer Olympics where Uruguay athletes will come ready to play futbol, rugby, tennis, and volleyball!

Peace,  
John Traveler

## **THIS WEEK AT ST. JOHN'S:**

### **TODAY**

*Coffee Hour to follow each service*

8:00 AM Holy Eucharist: Rite I  
9:15 AM Sunday School  
10:15 AM Holy Eucharist: Rite II  
4:00 PM Evensong Service

### **MONDAY, FEBRUARY 5**

4:30 PM Trans Loving Community  
6:00 PM Ministries Council

### **TUESDAY, FEBRUARY 6**

1:30 PM Martha's Ministry  
2:30 PM Food Pantry

### **WEDNESDAY, FEBRUARY 7**

12:00 PM Healing Service  
7:00 PM Chancel Choir Rehearsal

### **THURSDAY, FEBRUARY 8**

9:00 AM Ministers' Meeting  
2:30 PM Food Pantry  
7:00 PM Handbell Choir Rehearsal

### **FRIDAY, FEBRUARY 9**

*Rector's Day Off*

### **SATURDAY, FEBRUARY 10**

9:00 AM Voyager's Meeting

### **SUNDAY, FEBRUARY 11**

*Coffee Hour to follow each service*

8:00 AM Holy Eucharist: Rite I  
9:15 AM Sunday School  
10:15 AM Holy Eucharist: Rite II

### **DATE CHANGE: "PEACEMAKING INITIATIVES IN PALESTINE/ISRAEL"**

You are invited to hear Jonathan Kuttub, Palestinian lawyer and peace activist, speak on "Peacemaking Initiatives in Palestine/Israel" today at 2 p.m. at Akron Mennonite Church, 1131 Diamond St, Akron, PA.

### **SOLES4SOULS**

It is that time of year once again to collect shoes of any type and condition for donation to those around the world who are in need. A collection box for adult and kid size shoes can be found in the Parish Hall--shoe boxes are not needed! If the shoes have laces, they can be tied together, and the others could be rubber banded or put into a bag.

Palm Sunday is the last day for collection, as they are then boxed and shipped on Good Friday morning.

*Last year we collected 1644 pairs--let's see if we can break that record!*

## **WELCOME**

Welcome to St. John's Episcopal Church! We are glad you are here. Please tell us a little bit about yourself by filling out a pew card and placing it in the offertory plate.

## **OUR MINISTERS**

All Baptized Members

The Rt. Rev. Dr. Audrey C. Scanlan, Diocesan Bishop

The Rev. Amanda Knouse, Rector  
amanda@stjohns-lancaster.org

The Rev. Jen Trenary, Assistant Rector  
jen@stjohns-lancaster.org

The Rev. Stacey Catigano, Deacon  
scatigano@gmail.com

## **VESTRY**

Drew Dorgan (Sr. Warden), John Modene (Jr. Warden), Nick DiPace, Andy Welaish,  
Liz West, Ted Loose, Kathy Kyper, Gretchen Walden, Penn Glazier

## **DELEGATES REPRESENTING ST. JOHN'S AT DIOCESAN CONVENTION**

Pam Loose, Webb Cook, Emma Di Pace  
David Rutledge, Maggie Knox-Lee

## **STAFF**

Douglas Beach, Minister of Music & Communications  
Dana Sanborn, Bookkeeper  
John Knouse, Property Manager  
Stephanie Cabrera, Custodian  
Ellia Osofsky, Nursery Care

**GROW IN GOD, ACT IN SERVICE, WITNESS IN LOVE**  
**WWW.STJOHNS-LANCASTER.ORG / 717.299.1188**